

REDUCE YOUR RISK OF COVID-19



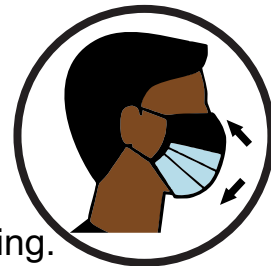
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How to wash and wear your Face Mask safely

Cloth face-masks need to be worn and cleaned properly

The face-mask must cover the nose and mouth completely. Face-masks should not be lowered when speaking, coughing or sneezing.

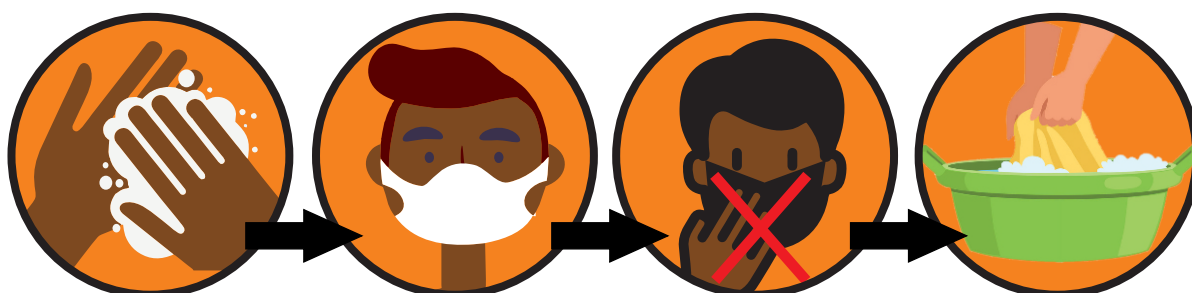


How to properly use a cloth mask

It is very important that cloth masks are used correctly. Incorrect use might result in users putting themselves at risk of spreading Covid-19.

Guidelines for use are as follows:

- Only use a mask that has been washed and ironed.
- Wash your hands before putting the mask on.
- Place the mask with the correct side facing your face, and ensure that it covers both your nose and mouth properly.
- Tie the strings behind your head, or if you are using elastic bands, make sure these are tight.
- Make sure it fits well. Move it around to get the best fit. Never touch the cloth part.
- Once you have put on the mask, **DO NOT TOUCH YOUR FACE** again until you take it off.
- When you take it off, undo the ties, and carefully fold the mask inside out, hold it by the strings/elastic and place the mask in a container reserved for washing the cloth mask.
- Masks should be washed with soap and hot water, rinsed thoroughly and ironed.



Covid-19 (Corona) Hotline: 0800 029 999 • WhatsApp Support Line: 0600 123456
Department of Health: www.SAcoronavirus.co.za

Please note that any non-compliance with the set provisions and regulations, may result in disciplinary action whereby summary dismissal may be imposed